

# Paths to Health NM: Tools for Healthier Living



## Referral Form

Fax Referral Form to:  
**(505) 449-4472**



### PARTICIPANT INFORMATION

<b>Name</b>	
<b>Class/Curriculum</b>	
<b>Date of Birth</b> /     /	<b>Gender</b> <input type="radio"/> Male <input type="radio"/> Female

*I understand that a **Paths to Health NM** representative may inform my healthcare provider about my participation in one of its programs.*

<b>Patient Signature</b>	<b>Date</b> /     /		
<b>Address</b>			
<b>City</b>	<b>State</b>	<b>Zip</b>	
<b>Best phone number to reach you</b>			
<b>Best time of day to contact you</b>			
<b>May we leave a message?</b>	<input type="radio"/> Yes	<input type="radio"/> No	
<b>Language</b>	<input type="radio"/> English	<input type="radio"/> Spanish	<input type="radio"/> Other (specify) _____

### HEALTHCARE PROVIDER INFORMATION

<b>Name</b>	<b>Email</b>
<b>Clinic</b>	
<b>Phone</b>	<b>Fax</b>

College of Agricultural, Consumer and Environmental Sciences

NEW MEXICO DEPARTMENT OF HEALTH Paths to Health Tools for Healthier Living

BE BOLD. Shape the Future. New Mexico State University acs.nmsu.edu

NM STATE

## Dispelling Myths about Diabetes Management

Cassandra Vanderpool, MS, RDN, LD  
Extension Associate II

The College of Agricultural, Consumer and Environmental Sciences is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and Extension programs.

1

I have no financial interests or relationships to disclose.

BE BOLD. Shape the Future. New Mexico State University acs.nmsu.edu

2

### Objectives

At the conclusion of this presentation, participants will be able to:

1. Identify at least three myths about diabetes management.
2. Explain at least one method of meal planning to appropriately manage diabetes.
3. Share resources for accurate diabetes management information with clients/patients.

BE BOLD. Shape the Future. New Mexico State University acs.nmsu.edu

3

Red

Green

Christmas

Sans chile

What is your chile preference?

BE BOLD. Shape the Future. New Mexico State University acs.nmsu.edu

4

### Statement evaluation

BE BOLD. Shape the Future. New Mexico State University acs.nmsu.edu

5

Truth

Myth

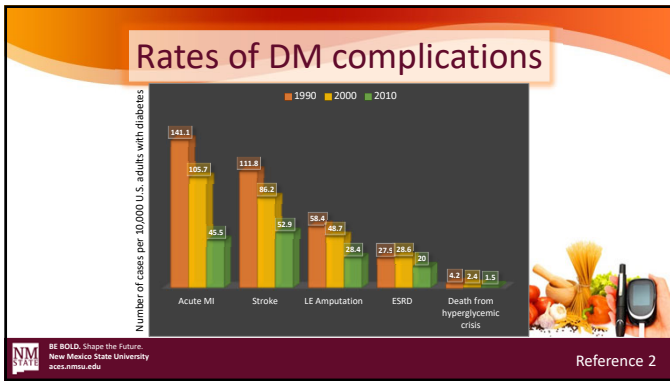
I think this is a trick

Diabetes is the leading cause of kidney failure, lower-limb amputations, and adult blindness.

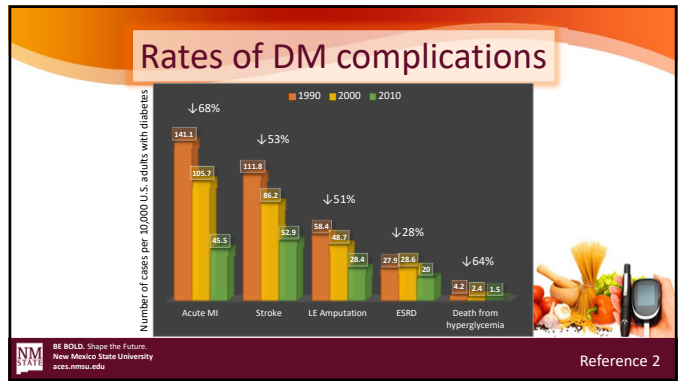
BE BOLD. Shape the Future. New Mexico State University acs.nmsu.edu

Reference 1

6



7



8

### Clarification

“To a large extent, it is *poorly controlled* diabetes that is the leading cause of adult blindness, amputation, and kidney failure.”

Reference 3

9

### Further clarification

“This doesn’t mean: good care will guarantee that you will not develop complications.

This does mean: With good care, odds are good you can live a long, healthy life with diabetes.”

Reference 3

10



11

### How to manage DM through nutritional needs

Will you come give us a 60-minute presentation on how to compound medications specific to individual needs?

Reference 4

12

**Truth**

**Myth**

**People with diabetes need to avoid or minimize carbs.**

Reference 5

13

**Excellent sources of carbs**

bread, beans, legumes, corn, apples, bananas, yogurt, sweet potatoes, oatmeal, grapes, milk, melons, potatoes, citrus, peas, berries

Portion sizes    Carbs → glucose    Nutrient-rich

Reference 5

14

**Truth**

**Myth**

**Type 2 diabetes only affects people who are overweight.**

Reference 6

15

**Other considerations**

About 20% of people with type 2 diabetes are normal weight or underweight.

Weight loss of 5%-10% aids diabetes management.

Heart healthy eating

Mono/polyunsaturated fats    ↓ sodium    ↑ fiber

Reference 7

16

Mediterranean

Low-carb

Vegan

DASH

**Which diet is best for people with diabetes?**

Reference 5

17

**The best diet**

Appropriate portions    Variety    Balance

What a person will follow long-term

Reference 5

18

## 50/50 Plate

High carb      Low carb

BE BOLD. Shape the Future.  
 New Mexico State University  
 acs.nmsu.edu

19

## Diabetes Plate

Eat What You Love, Love What You Eat  
with Diabetes Plate

From Eat What You Love, Love What You Eat with Diabetes  
 by Michelle May MD and Megrette Fletcher MD, RD, CDE  
 ©2010

Reference 8

BE BOLD. Shape the Future.  
 New Mexico State University  
 acs.nmsu.edu

20

## What would you change? Why?

<p>1,150 calories 27g fat 9g saturated fat</p>	<p>2 beef enchiladas 1 c. refried beans 1 c. Spanish rice 1 sopapilla 16 oz. soda</p>	<p>3,100mg sodium 184g carbohydrate</p>
--	---	---

BE BOLD. Shape the Future.  
 New Mexico State University  
 acs.nmsu.edu

21

## One possibility

<p>390 calories 6g fat 1g saturated fat</p>	<p>2 chicken enchiladas ½ c. refried beans 2 c. side salad 16 oz. water/diet soda</p>	<p>1,120mg sodium 48g carbohydrate</p>
---	---	--

BE BOLD. Shape the Future.  
 New Mexico State University  
 acs.nmsu.edu

22

## Recipe modifications

<p><b>Refried beans</b></p> <ul style="list-style-type: none"> <li>• ↓ 1g fat</li> <li>• ↓ 540mg sodium</li> </ul>	<p><b>Chile relleno casserole</b></p> <ul style="list-style-type: none"> <li>• ↓ 200 calories</li> <li>• ↓ 25g fat</li> </ul>
--	---

BE BOLD. Shape the Future.  
 New Mexico State University  
 acs.nmsu.edu

23

## Resources

The amount of time a person with diabetes spends with a healthcare professional annually

BE BOLD. Shape the Future.  
 New Mexico State University  
 acs.nmsu.edu

24

[www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)

BE BOLD. Shape the Future.  
New Mexico State University  
aces.nmsu.edu

Reference 9

25

**Medical Nutrition Therapy**

Year of diagnosis: 3+ hours MNT

Additional years: 2+ hours MNT

BE BOLD. Shape the Future.  
New Mexico State University  
aces.nmsu.edu

Reference 10

26

[pathstohealthnm.org](http://pathstohealthnm.org)

- Blood Pressure Self-Monitoring Program
- Chronic Disease Self-Management Program
- Diabetes Self-Management Program
- Chronic Pain Self-Management Program
- Cancer: Thriving and Surviving Program
- Positive Self-Management Program for HIV

**Paths to Health NM**  
Tools for Healthier Living  
505-850-0176 • 575-703-2343

- National Diabetes Prevention Program
- Falls Prevention Programs:
  - Tai Chi for Arthritis
  - Tai Ji Quan: Moving for Better Balance
  - A Matter of Balance: Managing Concerns about Falls
  - Otago
  - Kitchen Creations

BE BOLD. Shape the Future.  
New Mexico State University  
aces.nmsu.edu

Reference 11

27

**Kitchen Creations Participants**

BE BOLD. Shape the Future.  
New Mexico State University  
aces.nmsu.edu

Reference 12

28

**Truth**

**Myth**

**People with diabetes are no more likely to get a cold, flu, COVID-19, or other illness than people without diabetes.**

BE BOLD. Shape the Future.  
New Mexico State University  
aces.nmsu.edu

Reference 13

29

**References**

1. What is Diabetes? Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/basics/diabetes.html>. Accessed August 24, 2020.
2. Gregg EW, Li Y, Wang J, Burrows NR, et al. Changes in diabetes-related complications in the United States, 1990-2010. *N Engl J Med*. 2014;370:1514-1523. <https://www.nejm.org/doi/full/10.1056/nejmoa1310799>
3. Polonsky WH, Jackson RM. *Evidence-based hope: the surprisingly good news about avoiding diabetes complications*. Paper presented at American Association of Diabetes Educators Annual Meeting: AADE16; August 14, 2016; San Diego. [https://www.diabeteseducator.org/docs/default-source/default-document-library/d05\\_final03e3da3ead05f68739c53ff0000b8561d.pdf?sfvrsn=0](https://www.diabeteseducator.org/docs/default-source/default-document-library/d05_final03e3da3ead05f68739c53ff0000b8561d.pdf?sfvrsn=0)
4. AADE7 Self-Care Behaviors. Association of Diabetes Care and Education Specialists. <https://www.diabeteseducator.org/living-with-diabetes/aae7-self-care-behaviors>. Accessed August 24, 2020.
5. Colberg SR. *Macronutrients, calories, and blood glucose*. Paper presented at American Diabetes Association – Hawaii 15<sup>th</sup> Annual Professional Education Symposium; September 30, 2017; Honolulu. [https://professional.diabetes.org/sites/professional.diabetes.org/files/media/macronutrients\\_calories\\_and\\_blood\\_glucose.pdf](https://professional.diabetes.org/sites/professional.diabetes.org/files/media/macronutrients_calories_and_blood_glucose.pdf)
6. Myths about Diabetes. American Diabetes Association. <https://www.diabetes.org/diabetes-risk/prediabetes/myths-about-diabetes>. Accessed August 24, 2020.

BE BOLD. Shape the Future.  
New Mexico State University  
aces.nmsu.edu

30

## References

7. Diabetes Myths. Diabetes.co.uk. <https://www.diabetes.co.uk/diabetes-myths.html>. Accessed August 24, 2020; Obesity Education Initiative. *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*. National Institutes of Health National Heart, Lung, and Blood Institute; 1998. [https://www.nhlbi.nih.gov/files/docs/guidelines/ob\\_guids.pdf](https://www.nhlbi.nih.gov/files/docs/guidelines/ob_guids.pdf). Accessed August 24, 2020.
8. May M, Fletcher M. *Eat What You Love, Love What You Eat With Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes*. 2<sup>nd</sup> ed. Phoenix: Am I Hungry? Publishing; 2020. <https://amihungry.com/>
9. Diabetes Food Hub. American Diabetes Association. <https://www.diabetesfoodhub.org/>. Accessed August 24, 2020.
10. RDNs and Medical Nutrition Therapy Services. Academy of Nutrition and Dietetics. <https://www.eatright.org/food/resources/learn-more-about-rdns/rdns-and-medical-nutrition-therapy-services>. Accessed August 24, 2020.
11. Paths to Health NM: Tools for Healthier Living. <https://www.pathstohealthnm.org/>. Accessed August 24, 2020.
12. Kitchen Creations. New Mexico State University. <https://kitchencreations.nmsu.edu/>. Accessed August 24, 2020.
13. Wicaksana AL, Hertanti NS, Ferdiana A, Pramono RB. Diabetes management and specific considerations for patients with diabetes during coronavirus diseases pandemic: a scoping review. *Diabetes Metab Syndr*. 2020;14(5):1109-1120. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7334970/>

Cassandra Vanderpool, MS, RDN, LD  
New Mexico State University  
575-202-5065  
[cvpool@nmsu.edu](mailto:cvpool@nmsu.edu)  
[kitchencreations.nmsu.edu](https://kitchencreations.nmsu.edu)

## Questions

# Diabetes & COVID-19

## Sick-Day Plan

### Prescriptions & monitoring blood sugar

- Check blood glucose levels before every meal and before you go to bed
- Continue long and intermediate acting insulin as recommended by your medical provider, seek input from your provider if blood glucose is greater than or less than your target range
- Follow your physician's guidance in adjusting postprandial insulin according to glucose levels

Date I need a family member or friend to pick up prescriptions and testing strips: \_\_\_\_\_

### Nutrition, hydration, & exercise

- Drink 2-4 ounces of water or a sugar free beverage every 15 minutes
- Monitor your hydration, you should pass urine every 3-4 hours and it should be a light yellow color
- Eat small and frequent meals containing carbohydrates and protein
- Keep enough groceries for the duration of self-quarantining, call a friend or family member to help you get these supplies if necessary
- Engage in regular physical activity at home to prevent hyperglycemia and loss of muscle. Some exercises you can do at home are yoga, lifting light weights, stretching, and walking around inside the house

Contact for family member or friend that will help me get groceries and prescriptions: Name \_\_\_\_\_ Number \_\_\_\_\_

The recovery process can be stressful. If you feel overwhelmed, call the **Disaster Distress Helpline** at 1-800-985-5990  
In the case of an **emergency**, call 911



# Diabetes & COVID-19

## Sick-Day Plan

### 15 gram carb snacks

- 6 saltine crackers
- 1 small fresh fruit
- 1/2 of a banana
- 1/2 cup of applesauce
- 1 slice of whole wheat bread
- 1 small (6-inch) tortilla
- 1/2 cup of cooked oatmeal
- 1/2 cup of orange juice

### When to contact your diabetes care team

- If you cannot monitor your blood glucose at home and you are experiencing symptoms of
  - **hyperglycemia** - feeling very thirsty, need to urinate more often than normal, or feeling very tired **OR**
  - **hypoglycemia** - confusion, shakiness, or your heart is beating fast without exercising,
- You have ketones in your urine for 4-6 hours
- You are throwing up and cannot eat or drink anything
- Your blood glucose is continuously more than 300 mg/dl
- You are unable to breathe or have chest pain
- If you have a fever

### Important phone numbers

Call 911 if there is an emergency

Provider Name: \_\_\_\_\_ Number \_\_\_\_\_

Hours: \_\_\_\_\_

Pharmacy Name: \_\_\_\_\_ Number \_\_\_\_\_

Hours: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Number \_\_\_\_\_